



# Compassion Fatigue and Vicarious Trauma:

## A Reflection Journal

Created by Kay Glidden, MS

on behalf of the Behavioral Health Education  
Center of Nebraska



My thoughts on Meditation...



What is my VULNERABILITY in  
hearing other people's TRAUMA?

MY definition of compassion fatigue:

**compassion fatigue** (kəm-'pa-shən fə-'tēg) *n.*



*How can I show myself more compassion?*



What am I thinking about **vicarious trauma**?





**How do I replenish my jaded  
worldview?**

**Do I have burn out?  
If yes, what does it look like at work?**

My example of moral distress:



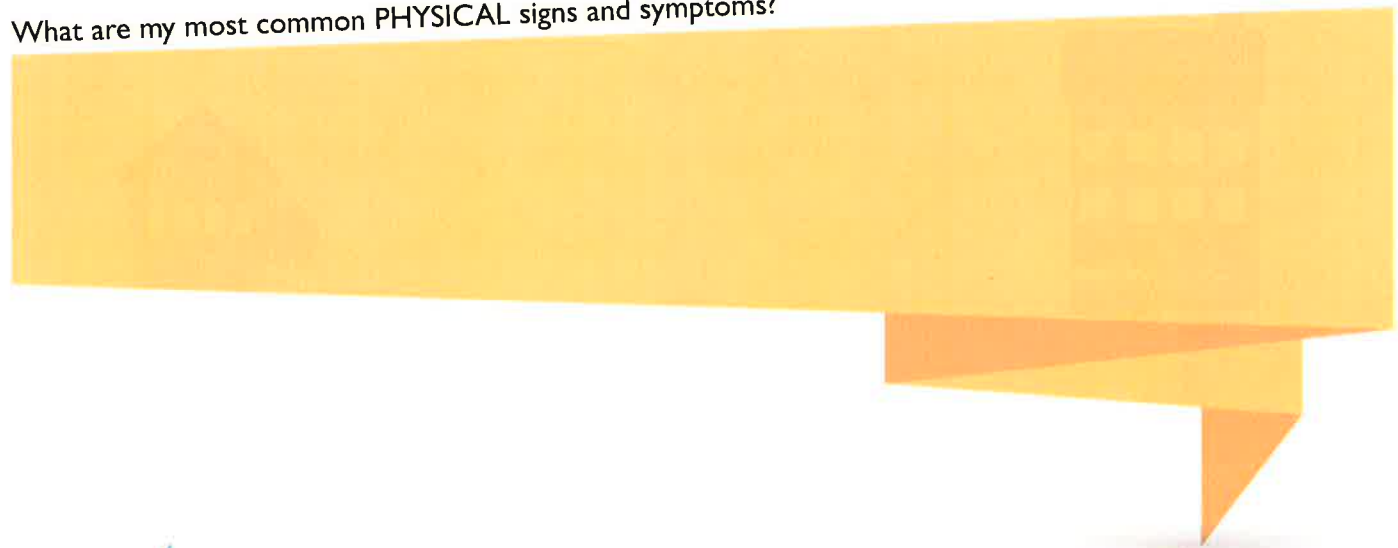
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What can I do about it?



Thoughts on the 3 Views of Work?

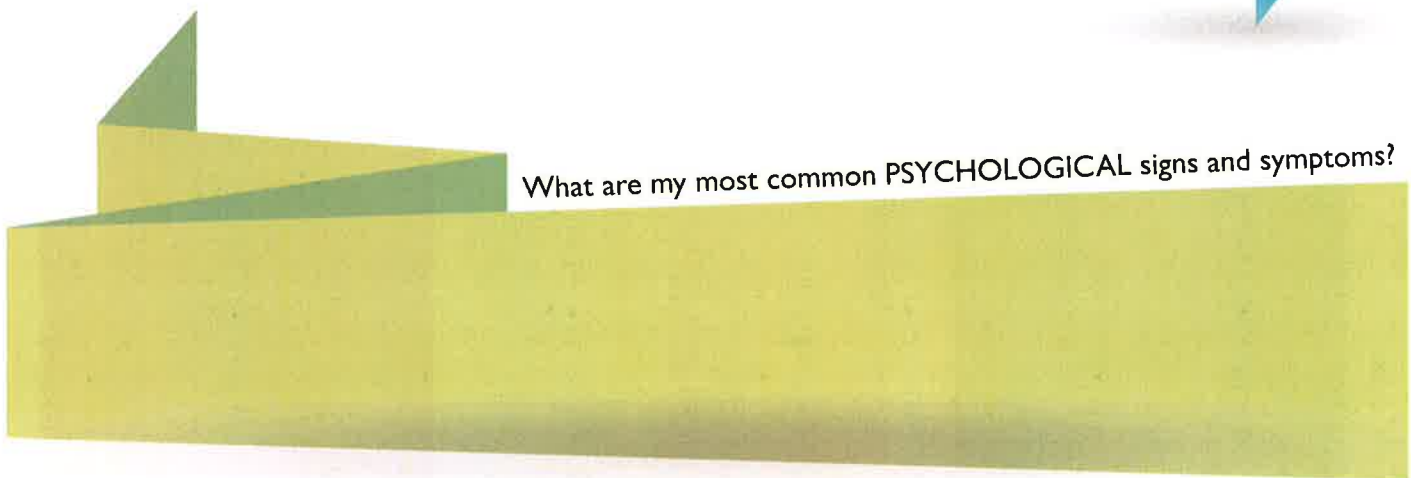
What are my most common PHYSICAL signs and symptoms?



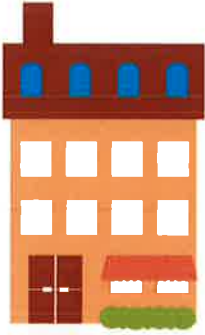
What are my most common BEHAVIORAL signs and symptoms?



What are my most common PSYCHOLOGICAL signs and symptoms?







*My ritual to separate work from home*

What does my **GREEN**  
zone look like?

What does my **YELLOW**  
zone look like?

What does my **RED**  
zone look like?



Why did I get into this job/field?

How can I make  
**LOW IMPACT DEBRIEFING  
(LID)** work in my office?



How are you a "USTA" person?

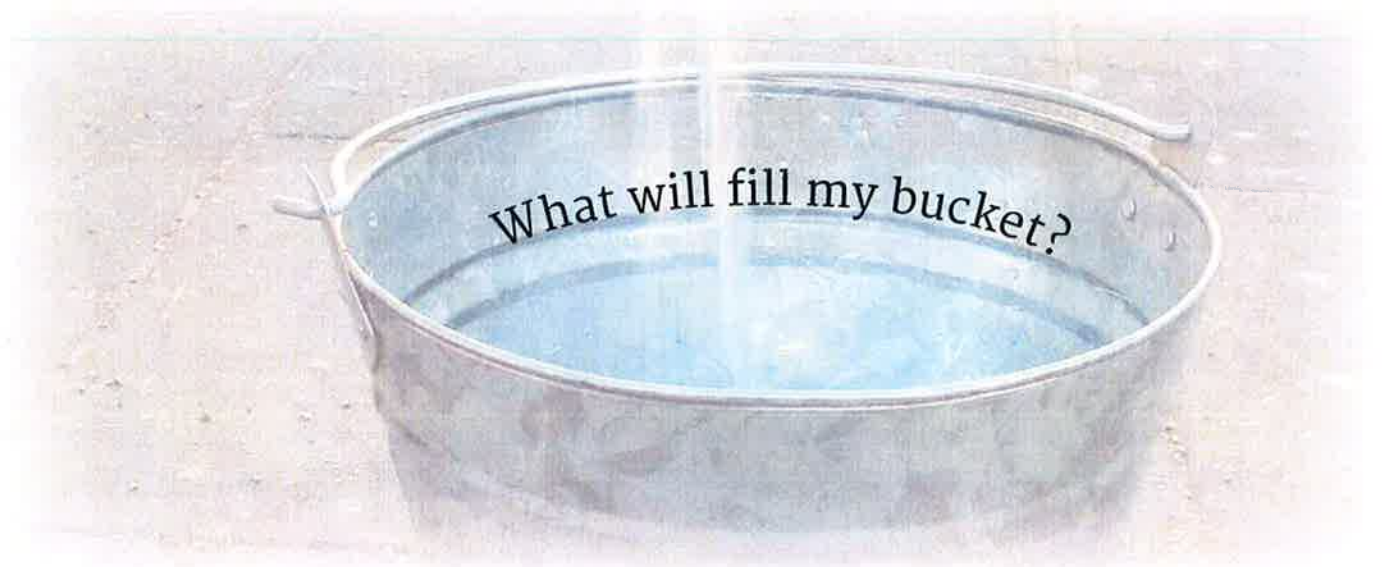
My thoughts on viewing stress in a positive way (TED Talk video)



How can I transform compassion fatigue/vicarious trauma?



What will fill my bucket?



YOGA thoughts?

What's  
my part  
in contributing to  
a healthy organizational  
climate that supports staff  
with compassion fatigue/  
vicarious trauma?

What ideas/tools would I like to try?





What do I need to do to make that happen?

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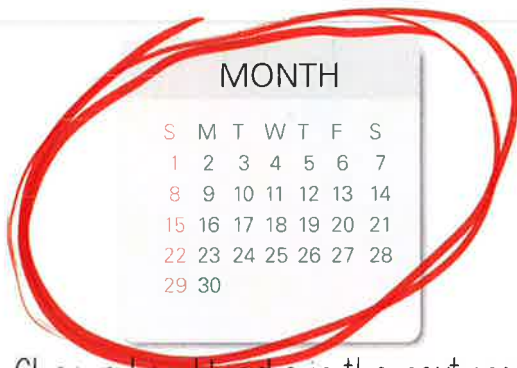
Change I could make in the next week:

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What do I need to do to make that happen?

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Change I could make in the next month:

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What do I need to do to make that happen?

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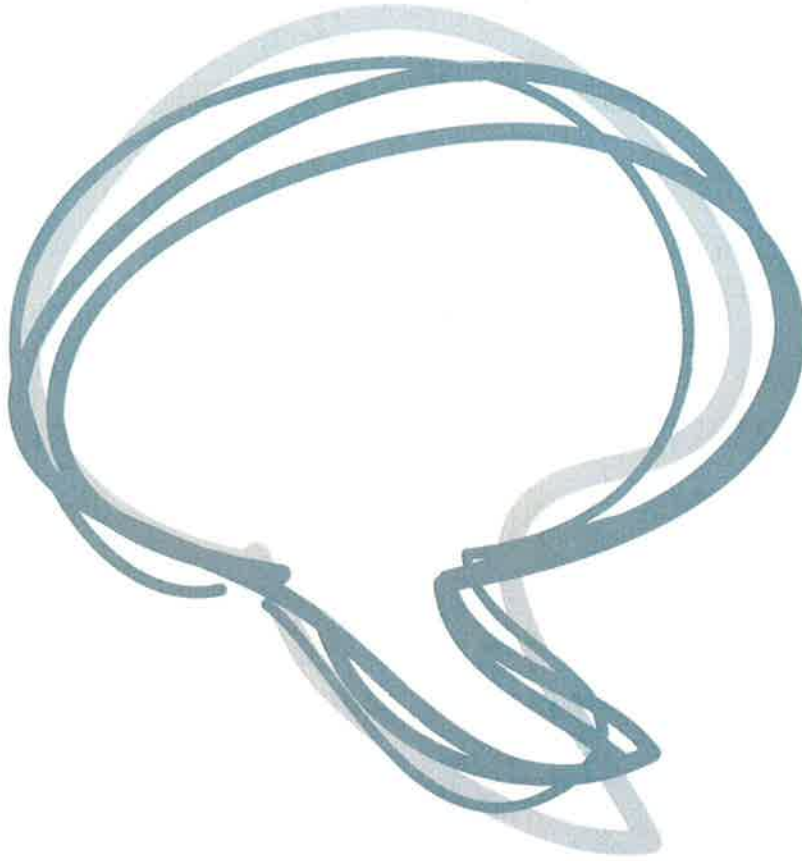
Change I could make in the next year:

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What's my daily  
mantra?

(given that I'm going to  
believe what I tell myself  
what do I need to tell myself  
several times each day)

I'm waving a magic wand... how will I feel if I manage my compassion  
fatigue, vicarious trauma, burn out, and moral distress?





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